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March 2011

GOING GREEN

All about ISU's new green machines





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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered

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By Nirmalendu Majumdar/Facets.

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Phone: (515) 232-2160 Address: 317 Fifth St., Ames



DEBRA ATKINSON, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.



PEGGY BEST is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and resides in Ames. She has one son, one stepdaughter and two grandsons.



CLARE BILLS is a writer, speaker and artist living in Ames. She has a master's degree in journalism and is also a graduate of the Institute for Children's Literature. She now writes for magazines and websites.



JENN BOCCELLA is a senior at Iowa State University majoring in communication studies/journalism. She will graduate in May. She is involved with the campus ministry The Salt Company and enjoys spending time with family and friends.



DEBORAH BUNKA is a freelance writer, graphic designer and jewelry maker. Her interests include politics, literature and geology. A native of Canada, she moved to Ames 12 years ago. She lives with her husband and two children.



MOLLY CLARK is an Iowa State University student majoring in journalism visual communications. She is from Atlantic. Molly also works part time as a street vendor in Ames.



KATHY L. P. COOK, M.D., is a Board Certified Dermatologist. She works at Skin Solutions Dermatology in Ames.



JOSHUA DUCHENE is the artistic director for a salon in Ames. His knowledge of hair styling and industry trends drive his goal to help every client find the right style. He graduated from La James Cosmetology School in Des Moines.



ROSE E. MORGART ELSBECKER is an educator, freelance writer and musician who lives in Marshalltown. She received her bachelor's degree in education from the University of Northern Iowa and serves as a mentor to high school students.



LAURA KIMM holds a bachelor's degree from the University of Iowa in health and sports studies. Kimm is a member of the American Dietetic Association and the Iowa Dietetic Association. She works as a registered dietitian at the West Ames Hy-Vee.



ELAINE LENZ is a freelance writer. She is married and lives in Clive.



KAREN PETERSEN graduated from Iowa State University in family resource management. She is a Certified Financial Planner, has three grandchildren and can be found on Ada Hayden Lake kayaking.

Good green fun



Get kids to go green by making it fun to do

While throwing your cans and newspapers in the big recycle bin at home can help in saving the environment, it's important to make sure the little ones in our lives take going green to heart as well.



ELAINE LENZ

Some teachers in central Iowa are bringing environmentalism into their classrooms in new ways.

One second-grade teacher, Valerie Steele at Shuler Elementary in Waukee, makes sure to incorporate going green in her teaching.

"As with most things, the sooner somebody learns something, the better," Steele said. "If we teach our kids to be 'green' now, it will have lasting effects."

Steele added that the students and staff at Shuler recycle schoolwide. Her students also study natural resources and the impact of their scarcity.

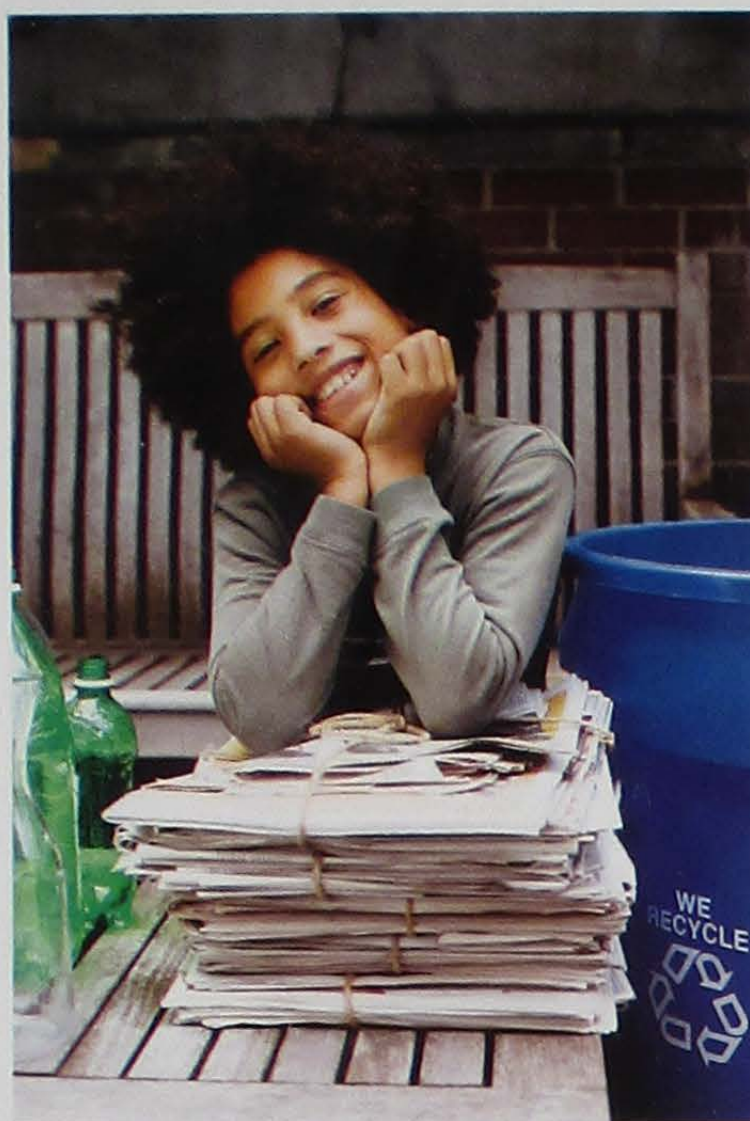
Nancy Kurrle, an Ames Middle School science teacher, says it's important that teachers practice green behaviors in the classroom so students can learn by example.

"Many teachers repurpose gently-used and no longer claimed binders, spiral notebooks, erasers and pencils found throughout the building," she said. "In science, we use old sewing supplies and other throw-away items for creative projects."

In Kurrle's classroom, students come up with ways that they can better the environment.

"(Students) list three things that (other) students can do to help eliminate or at least lessen the effects of the pollution, energy consumption, water pollution or whatever the issue is the students are presenting to the class or studying," she said.

Kurrle uses charts and graphs included in



science textbooks to help illustrate the impact environmentally-friendly choices can make, she said.

"If we want a world safe for generations to come, it's up to all of us to take action."

Here are some ideas to implement green living at home with your kids (and still have a little fun):

1. HAVE A 'RECYCLE MAN' CAPE BY THE RECYCLE BIN AT HOME.

Have your child put on the cape when he or she plans to put something into the bin. Instant superhero!

2. KEEP A TALLY OF HOW MANY TIMES YOUR CHILD DOES SOMETHING GREEN.

Make a Green Chart that you add stickers to every time the child does something green. Could be recycling, using a reusable lunch bag, car pooling to school or printing homework on both sides of the paper; be creative. Have a small prize or treat ready to give once they hit a certain number.

3. HAVE AN ARTS AND CRAFTS BOX FULL OF RECYCLED NEWSPAPERS, MILK CARTONS AND SODA BOTTLES.

Kids love to be creative. Throw in some tape, markers and glitter and let their imaginations run wild as they combine recycled materials to make a new art project.

Reach Elaine Lenz via e-mail at writer.iowa@gmail.com.

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going green | **OLD SCHOOL**

Being 'green' in a farmhouse before it was fashionable

Conserving natural resources is nothing new, even though we didn't call it "green" at the time. Growing up in a 100-year-old farmhouse north of Gilbert, it was a way of life.

The furnace in the farmhouse was an old coal unit. Every fall, a big truck pulled into the yard and dumped a truckload of coal through an opening into the cellar. Dad shoveled scoops of coal into the furnace to heat the house.

In the winter, it was either stone cold in the house or a balmy 95 degrees when the old furnace was in action. We never called the bowels of the house a basement. And it wasn't anything like the basements of today — the ones with carpet, big-screen TVs, couches and chairs. Instead, our Gilbert basement was the cellar, one of the scariest places I could imagine as a child.

When I was 6 or 7 years old, the old furnace breathed its final fiery breath and we had a new gas furnace installed. With a new gas furnace, we had more controlled heat throughout the house, but still no hot water. We heated our bathwater in a teakettle on the gas stove, carried it upstairs and poured it into the tub, adding enough water to take a 1-inch deep tepid bath each day. We washed and rinsed our hair in the kitchen sink with cold water. We boiled water to wash dishes in the dishpan, and then we would scald the dishes instead of rinsing them. We weren't allowed to drink the water that came from the sink. Our drinking water came from the well.

How's that for going green? The truth is, we already were, well before it was en vogue.

When the floods hit this past August, and the Ames city water supply shut down, my husband and I limited our toilet flushing to the absolutely necessary (I will go no further.) and kept our showers cold and military-style — wash off only. I'm curious how



PEGGY BEST

We are a wasteful generation and take for granted the necessities of life when they are at our immediate disposal. We learned a good lesson on how to conserve during the summer floods.

many thousands of gallons, maybe millions, the city of Ames saved when we all had to learn to live conservatively for those few days.

It wasn't standard practice to be sure, but for farm girls like me, it also wasn't the first time I'd conserved resources to get by.

We are a wasteful generation and take for granted the necessities of life when they are at our immediate disposal. We learned a good lesson on how to conserve during the summer floods.

Hopefully, a little bit of that rubbed off on us for the long term. Though our water is now free flowing and clean again, perhaps we are a bit more conscientious of how we can be less wasteful, brought on by a few days of learning to do without.

Reach Peggy Best via e-mail at
PegatHome554@msn.com.

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 For more information or to register, visit www.mgmc.org

Green machines

ISU's new CyBrid buses hit the road in Ames

There is a new roaring beast in town. Massive in length, height and width, this giant is unexpectedly mobile, a shining piece of metal on wheels. It's dressed in luminous white, gold and cardinal. Besides that — it's green.



**JENN
BOCCELLA**

Its name is CyBrid. And it's one of a fleet of hybrid, green-friendly buses running around Iowa State University campus.

Last August, CyRide added 12 hybrid buses to their already large fleet. However, there is one key difference between the CyBrids and the rest of the fleet, and it has to do with how they run.

CyBrids operate on biodiesel and electric hybrid engines for increased energy efficiency. Anytime the CyBrid stops, the braking energy is captured for later use during accelerations. By going green with hybrid engines, the CyBrids are estimated to save 23,000 gallons of fuel and 210,510 kilograms of carbon dioxide every year. Excess carbon dioxide released into the atmosphere is a primary cause of global warming.

Not only are the engines better in terms of fuel and carbon dioxide emissions, but they are also 50 percent quieter, a fact not lost on Ames residents who live along bus routes.

Nonetheless, all this green hurrah comes at a cost.

CyBrids cost \$120,000 more than a traditional diesel bus. At that rate, it would have taken ISU and Ames 20 years to purchase 12 CyBrids on their own, but thanks to federal and state funding, as well as the federal economic stimulus package of 2009, Ames became a little greener, a little sooner.

Within the last few months, CyRide, as a



business, has benefited due to the addition of the CyBrids. Most notably, they've saved on gas, reduced noise pollution, and when the electric hybrid engines are fully charged, the buses accelerate faster and smoother than the non-hybrid buses.

However, despite all of the environmental benefits of the CyBrids, detractors cite added costs as a concern.

One CyRide driver, Marjorie Clark, a junior at ISU, said she's not sure about how their energy efficiency holds up to the added price for the buses.

"Because the technology is so new with these buses, there are many uncertainties," Clark said. "Over time ... we will be able to answer questions about how long the batteries will last, if the money being saved on gas will have to be spent on replacing the

batteries, and whether the city will have to purchase more of them to keep up with our increasing ridership."

Plenty of passengers will have the chance to make this assessment for themselves.

Every year, CyRide transports more than 5 million passengers (includes repeat passenger rides), with a hefty chunk of them cruising to work or school on a CyBrid.

Advocates say that when it comes to going green, CyRide is setting the pace. Not only has there been an increase in ridership, but with the addition of the CyBrids, the city of Ames and ISU are implementing and initiating and cutting-edge technology to keep the city a great — and green — place to live.

Reach Jenn Boccella via e-mail at jboccella04@gmail.com.



Photos by Nirmalendu Majumdar/Facets

CyRide driver Marjorie Clark said she's not sure about how the new CyBrids' energy efficiency holds up to the added price for the buses.

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going green | ISU

Iowa State keeps up the green work

In recent years, Iowa State University has been doing its part to be more environmentally friendly.

Gregory Geoffroy, ISU President, created the Live Green! Revolving Loan Fund, in 2008. This fund provides the opportunity for campus projects that promote conservation and sustainability to receive interest free loans.

"I think that it's obvious that Iowa State is really making an effort to try to make the shift to go more green, but I think there is still a lot more they could do to get more students involved," said Sam Hackerson, a senior at ISU.

Merry Rankin, ISU director of sustainability, leads efforts to develop plans for the university to increase sustainability and organize events to inform students and faculty about what they can do to be greener. Rankin has also created "Living Green Tips" for students that can be found on the ISU Live Green! website.



MOLLY CLARK

ISU has also been working on new research and other projects that could help lead the rest of the country in the going green movement. Some of these projects include trying to find alternative energy and fuel sources.

The student body government's website includes links to articles that provide information about environmentally-friendly products and practices on ISU's campus. They also provide a link that lets students and faculty post requests for carpooling and ridesharing.

Also, ISU holds an annual symposium on sustainability on campus. This will be its third year, and Geoffroy says this year he is going to challenge students and faculty to raise the bar when it comes to living green. The symposium includes two days of lectures and discussions about sustainability.

For more information on what ISU is doing to go green and what you can do to get involved, visit www.livegreen.iastate.edu.

Contact Molly Clark via e-mail at mgclark@iastate.edu.



What to do with old paint

Paint. We all have it. We all need it. But when it stacks up and threatens to take over our space, it may be time to thin down your supply. Here are a few ideas to help decide how to proceed.



CLARE BILLS

- Hunt for someone who can use what you no longer need. A few years ago, I counted more than 40 nearly full containers of leftover paint from projects at my house. I called United Way, and they put the word out to their member organizations. Since nearly everyone has a room that needs painting, people came and took what they needed. It was gone in a day.

- If you just have dabs and dabs of paint, you can open the cans and let them dry out and then set the dried cans out with your trash. If you want to rush the process, use an old piece of plywood, dump the paint on it, let that dry and then discard. You can also mix the paint with kitty litter to speed up drying.

- Some people may want to go more Jackson Pollock with their paint disposal. Use a large brush and splatter paint on the plywood one color at a time and create a spattered work of art. You can also use this technique on walls, but if you do, cover the windows and doors well before you start to fling paint.

Any latex paint that can be cleaned up with soap and water can be dried and disposed of in the trash. For oil-based, shellac paint, thinners, stains or chemicals labeled "Warning: poisonous, toxic, flammable or combustible," you need to involve the professionals.

At the Resource Recovery Plant, 110 Center Ave., in Ames, you can dispose of hazardous materials for free.

HERE ARE A FEW MORE TIPS FROM THE RESOURCE RECOVERY PLANT:

- Search under sinks, in the garage, basement and laundry areas to find items you no longer want or use.

- Keep the products in their original container if possible. If you have paint thinner in an old jar, label it.

- Put your items in a container (like a box) that the RRP can keep, so that they can grab the container and not the individual items.



What should you do with leftover paint? You could find someone who can use it, dry it out and toss it, get creative or take it to the Resource Recovery Plant.



By Clare Bills/Facets

At the Resource Recovery Plant, 110 Center Ave., in Ames, you can dispose of hazardous materials for free.

- Call the RRP at (515) 239-5137 to make an appointment to dispose of your combustible or poisonous items. They make appointments for Wednesdays from 12:30 to 3:15 p.m.

- Pull up to the white shed in front of the RRP when it's your turn, stay in your car for safety reasons and hand them your box of toxic soup.

For a complete list of how and where to dispose of other hazardous items like batteries, glass, appliances, lights and chemicals, check out RRP's website at www.cityofames.org/workweb/resourcerecovery/default.htm.

Reach Clare Bills via e-mail at clarebills@live.com or visit her blog at <http://clarebills77.wordpress.com>.

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Small steps can add up to a greener future

Financially speaking, "green living" is as important as the more traditional sense of the phrase. Fiscal conservation means conserving already limited resources and using those resources to create a good life today and plan for a financially-secure future.

Even small changes can equate to a big impact. Making small changes in our habits, such as recycling and reusing, can help preserve the environment. Financial changes work the same way; start small. Carefully think about how you spend your money and make financial decisions, and soon those choices can lead to major changes in how you think about money.



**KAREN
PETERSEN**

MORTGAGES

Make an extra mortgage payment each year. This idea always sounds good, but sometimes doesn't translate into action. One way to target this goal is to increase your monthly payment. If your monthly principal and interest payment is \$950, increase your payment by \$80 a month. By the end of the year, you will have paid 13 payments, and it will be less painful than making the extra payment in one chunk.

STUDENT LOANS

All student loans are not created equal; know what kind of loan you have. Many parents are paying for their child's college by using DirectPLUS Loans. Consider:

- You can borrow the total cost of your child's education minus any financial aid received.
- Interest begins the moment you receive the money.
- The interest rate is fixed at 7.9 percent.
- This interest is not tax-deductible.

Explore all the possibilities available to you to finance your child's college education before you sign up for a 7.9 percent loan. If you have DirectPLUS Loans, pay as quickly as you can.

CREDIT

Attempt to pay all of your credit card bills as soon as you receive them by using online bill pay. If you specify the date of



Saving in small increments can really add up.

payment, you can schedule your payment for a week before the payment is actually due. You won't have to worry about incurring a late fee or rushing to be sure the bill is on time.

Also, get a free credit report once a year. You can see your credit report from all three reporting agencies at www.annualcreditreport.com.

INCREASE SAVING AND INVESTING

Consider the 1 percent plan. What is 1 percent of your take home pay? If your net paycheck is \$4,000 each pay period, 1 percent is \$40. Have that \$40 directly deposited in your savings account. Every quarter, increase that amount by 1 percent. By the end of a year, you will be saving \$160 or more a month.

For the second step of the 1 percent plan, open a Roth IRA, and direct your monthly savings to this account.

PLANNING

Trim part of your spending. How many times have you thought it might be a good idea to track your spending or set up a budget, but it never really happened? Chose three problem areas, it could be eating out, tech toys, entertainment, clothing, etc. Track your expenses in your chosen areas for three months. Now the challenge: Attempt to reduce these expenses by 20 percent.

Karen L Petersen CFP® CDFATM is a fee-based financial advisor. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.



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Give your workout shoes a second life

A frequently used fitness shoe might last for three to six months, at least according to the athlete using them. Many runners will replace their shoes between 500 and 600 miles for a smoother ride. Yet shoes may still have some good wear in them. Athletes can go green by giving their used shoes a second life.



DEBRA ATKINSON

While no longer cushioned enough to support high impact or frequent workouts, fitness shoes can still work as kick-arounds. Jessica Shapoa, a fitness trainer, gives her used-but-still-good shoes to her mother-in-law.

"She's thrilled with them," Shapoa said. "She's not likely to buy them for herself and possibly more motivated to move according to physical activity recommendations."

Other trainers recycle their shoes for their own uses, like gardening or mowing, or donate the shoes the local Goodwill or Salvation Army, she said.

Mandy McGuire, fitness director at Ames Racquet & Fitness Center, rallies her instructors to contribute their unused and gently used shoes to a program called Soles4Souls.

Soles4Souls staff processes and grades shoes by wear. New and high-grade used shoes are distributed in the U.S. or abroad, while lower grade used shoes are sent to microenterprise programs in developing countries such as Haiti, Tanzania and Honduras.

The microenterprise participants clean and recondition the shoes to sell locally, therein providing an employment opportunity to people who would like to start their own shoe businesses, but lack the capital to do it on their own.

Besides your fitness shoes, any unused or gently-used shoes sitting around in your closet could help someone in need.

Again, Soles4Souls offers a simple way to help reduce the strain on our environment: donate your gently worn footwear instead of throwing it away. Last year alone, Americans discarded more than 300 million pairs of shoes, according to the nonprofit. What's more, when these shoes break down in our landfills, the toxic glue that holds them togeth-



KEEP THESE FROM GOING TO THE LANDFILL

Last year alone, Americans discarded more than 300 million pairs of shoes, according to Soles4Souls.org. You can help change that.

Contact Mandy McGuire at Ames Racquet & Fitness about their shoe drive at (515) 232-1911.

Contact Village Northwest Unlimited regarding a donation at (712) 324-4873 or visit their website at www.villagenorthwest.org.

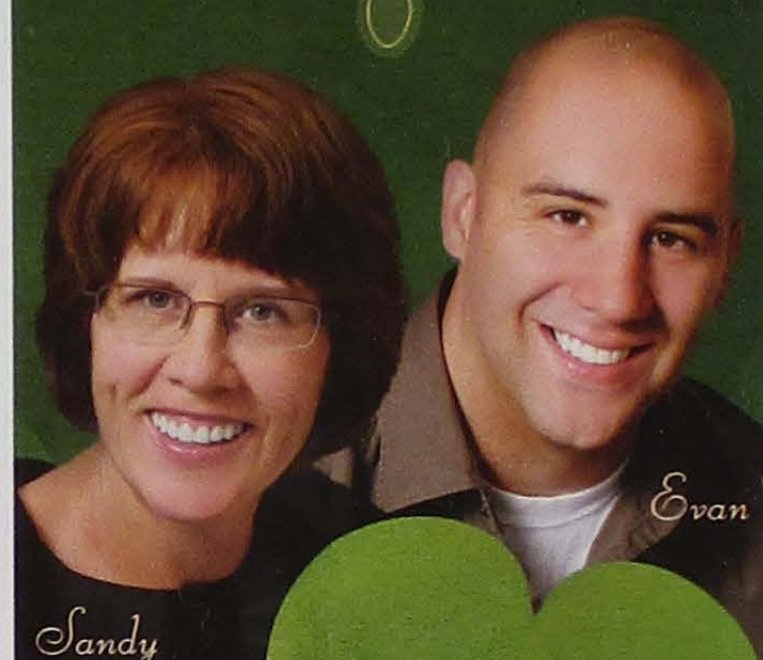
er can leak into the water supply and atmosphere.

The Soles4Souls even has an Iowa connection. Village Northwest Unlimited in Sheldon serves as a donation processing center for Soles4Souls. They provide an array of services and training to more than 180 individuals with disabilities. If you send your shoe donation to the Iowa Village Northwest rather than other locations, it will mean more than just a new pair of shoes to someone in need, it will mean important work opportunities to people coping with disabilities.

Reach Debra Atkinson via e-mail at debra@voiceforfitness.com.

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Go green with your diet



ROASTED HERBED ASPARAGUS

Ingredients

- 2 tablespoons olive oil
- 2 to 3 teaspoons chopped fresh tarragon or marjoram (or 1/2 teaspoon dried)
- 1/2 teaspoon garlic pepper
- 1/8 teaspoon onion salt
- 1 pound fresh asparagus, trimmed
- Shaved parmesan cheese (optional)

Directions

Preheat oven to 350°F. Blend olive oil, tarragon, garlic pepper and onion salt in small bowl. Place asparagus in shallow bowl and drizzle with olive oil mixture. Toss gently; set aside. Line baking sheet with aluminum foil. Arrange asparagus on prepared baking sheet. Bake 10 minutes or until crisp-tender. Serve topped with shaved parmesan cheese, if desired. Serves five people.

Nutrition facts (per serving): calories 83, 4 g carbohydrates, 3 g protein, 7 g fat, 40 mg sodium, 2 g fiber.

With the national holiday of green, St. Patrick's Day, on the horizon, why not expand going green to your food, too?

Including more green vegetables into your meals is about more than just their festive March color. Leafy greens are loaded with vitamins A and C; they provide minerals such as folate, iron and magnesium. Leafy greens also contain a host of vitamins and minerals that can help to ward off eye problems like cataracts and macular degeneration.



LAURA KIMM

Here are a few simple tips about how to prepare tasty greens for your health and your palette, too:

CABBAGE: Corned beef and cabbage is a favorite for many celebrants on St. Patrick's Day. But this vitamin-packed veggie is filled with powerful cancer-fighting nutrients is worthy of eating all year long. In fact, cabbage contains 11 of the 15 vegetable compounds thought to prevent cancer, especially in the lungs and prostate. Compounds in cabbage have also been shown to stop cancer cells from growing. Enjoy cabbage slaw, corned beef cabbage and shredded cabbage in soups and salads.

ASPARAGUS: Spring has sprung when this member of the lily family appears in its usual abundance. Nutritionally, it is best known for having an abundance of folate, a vitamin necessary for pregnant women. Folate helps prevent birth defects and premature deliveries. Even if you aren't expecting, folate has great benefits as a part of your diet. Folate can help prevent heart disease. Serve fresh asparagus raw in the spring when it's in season, or roasted or steamed any time of the year.

SPINACH: Keep your eyes in focus by eating more spinach. Rich in lutein, spinach helps prevent age-related macular degeneration and cataracts. It also packs vitamin K, important in maintaining strong bones and a healthy heart. Enjoy spinach fresh, sautéed in a bit of olive oil or steamed.

Mild-flavored greens, like spinach, kale and chard, should be steamed until barely tender. Stronger-flavored greens such as collards, mustard or turnip greens benefit from longer cooking in a seasoned broth.

If leafy greens are new to you, find a few simple recipes to start bringing them into your regular diet. Spark up salads with a combination of greens or use sautéed, wilted greens in quiches, omelets and frittatas. Sautéed spinach or kale can also be used as a bed for poached eggs, artichoke bottoms, fish fillets or chicken breasts.

For more information contact Laura Kimm at lkimm@hy-vee.com.

Planning can decrease food waste

When it comes to creating a greener household, you don't have to buy a shelf full of books or invest in new technologies. All that is required is a mindful assessment of your day-to-day habits.



DEBORAH BUNKA

Considering how much you consume, how you grocery shop, how often you eat at home and how much of what you buy you throw away can point you toward wasting less. Keep a journal for a week of these habits and then look for areas where you can make small adjustments. Incremental changes that integrate aware-

ness and action are more likely to lead to significant and lasting change than attempting an overhaul in one swoop.

Leftovers may not be the first thing that comes to mind when you hear reduce, reuse and recycle, but learning to make the most of what you purchase is key to using less. I create a family meal plan each week. It helps me cut down on my grocery bills by eliminating impulse purchases, and we throw away less food.

If planning out a week of meals sounds like an impossible task, start small; go for a leftover night instead. Go through your fridge and find remains of meals gone by: the last slice of meatloaf, a handful of pasta, a half bag of uneaten salad. Let family members mix and match, creating their own

meal from the leftover smorgasbord.

If you still want to take a stab at a full week's plan, check out this sample plan:

SUNDAY — Roasted pork loin with potatoes and green beans.

MONDAY — Leftovers of Sunday's meal as originally prepared. With something that good, simply reheat it, as is, the next night.

TUESDAY — Mexican rice — add a cup of cubed pork slices to 2 cups of uncooked rice just before you cover it. Serve condiments such as grated cheese, sour cream, guacamole or salsa. Other options are pork fried rice, stir fry or Cuban sandwiches.

WEDNESDAY — Spaghetti with tomato sauce.

THURSDAY — Baked spaghetti — place leftovers in a greased

or sprayed casserole dish. Make sure all the pasta is covered with sauce. Top with parmesan and cheddar cheese. Bake at 350 degrees until the cheese is melted. Other options are cold pasta salad, Thai noodle salad or fried spaghetti.

FRIDAY — Meatloaf, mashed potatoes, peas and carrots.

SATURDAY — Shepherd's pie — Crumble the leftover meat loaf. Stir in a can of mushroom soup and half cup of milk. Spread into bottom of casserole dish. Add layer of leftover veggies and top with mashed potatoes (sprinkle with cheddar cheese, if desired). Cook at 350 degrees for 30 minutes. Other options are chili, sloppy joes or biscuits and gravy.

Reach Deborah Bunka via e-mail at askmewhat@live.com.

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Many pharmacies have disposal programs so that unused medicine are collected and disposed of in a more environmentally friendly manner than being flushed down the toilet and into the water supply.

How medical offices are becoming greener

Medical practices and hospitals are big businesses that generate huge amounts of waste. However, like some other businesses, they are also trying to move toward increasing their environmental stewardship.

The largest source of waste in these practices is paper. Switching over to electronic medical records is key in reducing this waste. Electronic records decrease the amount of paper, toner and ink used in office work. What's more, prescriptions can also be electronically transferred to your pharmacy. As the use of electronic records continues, this allows more time and dollars to go toward improving accuracy in record-keeping and overall office efficiency.

Besides reducing the number of trees cut down to keep medical practices running, pharmaceutical use and its impact on the environment is another consideration for practices trying to improve their green status.

Pharmaceuticals have leached into the ground water in many big cities. We need to change our instructions for dealing with unused or out-dated medicines so that peo-



KATHY COOK

ple do not flush them down the toilet and into the water supply. Many pharmacies have disposal programs so that unused medicines are collected and disposed of in a more environmentally friendly manner.

Another way to cut down waste is by using reusable equipment rather than disposable pieces. Buying recycled exam table paper, toilet paper and printer paper all improve an office's carbon footprint, whether a medical office or otherwise.

As many of us have discovered at home with our lighting, using LED (light-emitting diode) or CFL (compact florescent lights) lights may be a bit more expensive initially, but provide a much bigger bang for the buck in the long term. They last much longer than traditional light bulbs. These lights also give off much less heat; their use in operating rooms allows the temperatures to be kept lower during procedures, thereby saving energy costs.

Offices can also turn down their thermostats, use motion sensors to shut off lights in restrooms, install low-flow toilets and use power strips to shut off equipment.

By taking a few small steps, medical offices, like many other businesses, can do their part, too, to be more energy efficient.

*Reach Dr. Kathy Cook via e-mail
at drcook@skinsolutionsdermatology.com.*



Q Are perms recommended for color-treated hair? I wear my hair short in a spiky cut and color it every four or five weeks. I'm thinking of growing it out a bit and thinking a perm might be fun for the spring. I don't want a straw look that screams over-processed. I know there is never a guarantee, but what is the accepted best practice?

A There should really be no problem with having your hair permed, so long as your hairstylist is versed in giving perms. Since you say the stylist has remarked that your hair is healthy, you should be able to get a gentle perm (such as an acid-based perm) that will give you the results you want.

Your stylist should assess your hair's needs and choose the proper perm formula for you. If he or she has any concerns or is unsure about making the selection, ask him or her to refer you to a stylist with more experience in perming the hair.

What I recommend for all my clients who want to add curl through a permanent wave is to be sure to talk to your stylist about exactly what kind of curl you want. Include photos that represent the look you would like to try and achieve. Your stylist can then instruct you on exactly what styling steps will be required to achieve the look you want.

Q If I remove some white hair using tweezers, should this hairs re-grow? How long will this take? Does the same apply for black or blonde hair?

A Hair removal is always a tricky business, because even with the "permanent" methods, you don't always get "permanent" results. The reason is that in order to have truly permanent removal of the hair, you have to destroy the follicle.

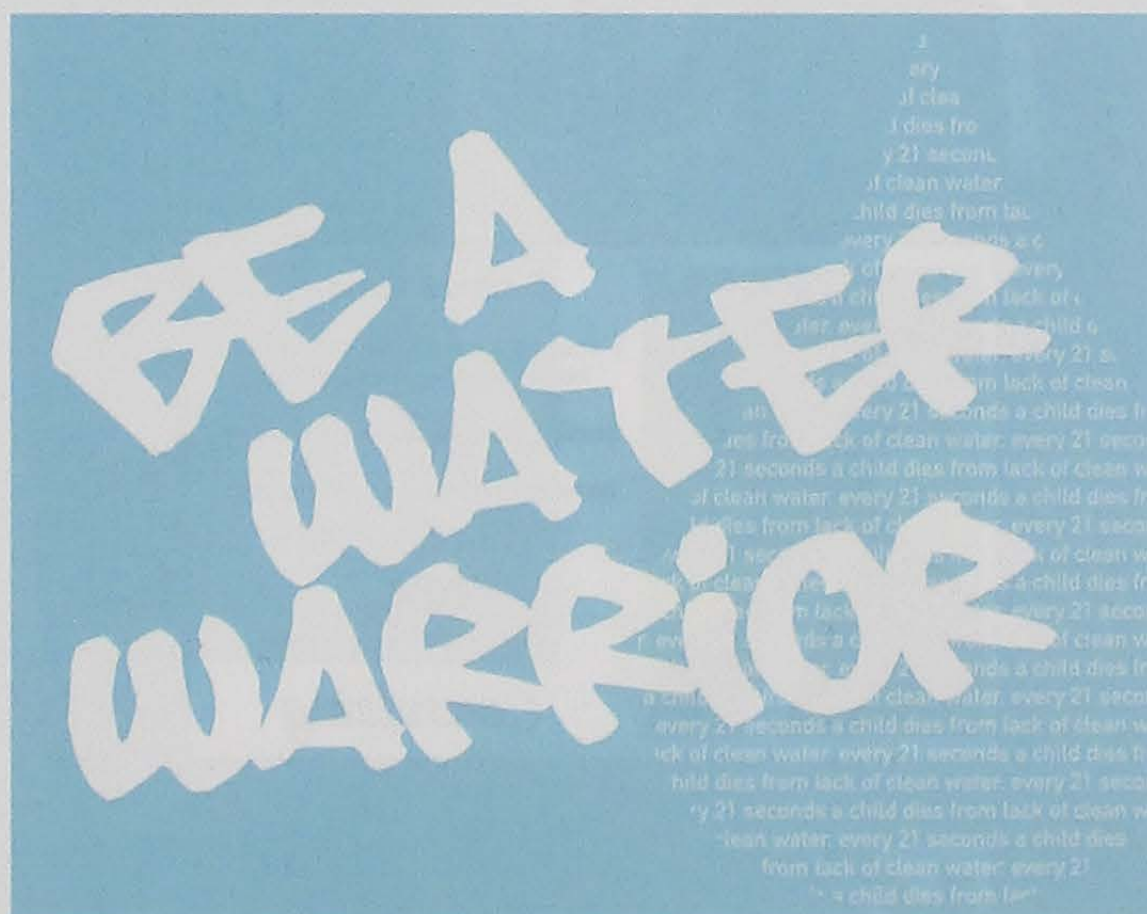
Regarding plucking hair, you need to pull the hair out and remove the entire root, or enough of it to sufficiently damage the follicle to prevent it from being able to produce hair. This is true regardless of the pigmentation of the hair in question: black, blonde or white (unpigmented).

If you pluck the hair and it doesn't sufficiently damage the follicle and root, then it will re-grow at the normal growth rate for your hair. The average person's hair grows at a rate of one-half inch per month, so you would probably begin to see a reemergence of the hair after about a week.



JOSHUA DUCHENE

Reach Joshua Duchene via e-mail at thesalon2008@yahoo.com.



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Name: Lisa Munger

Position: Features/Facets editor, The Tribune; adjunct instructor of journalism, DMACC; yoga instructor

Family: My fiancé, Greg, and I will be married May of this year, in my parents' back yard in Lincoln, Neb. It's no secret to anyone who knows me that the real apple of my eye is my 2-year-old niece, Madalynn.

What makes you happy?

Being with my family and friends. Simple moments with my fiancé, like reading the paper with coffee or taking the dogs for a walk.

What makes you laugh?

My niece. My sister, her mother, posts web videos or Facebook statuses to recount what Madalynn says and does. I'm guilty of watching these videos over and over again, especially when I haven't seen her for a while and I need a pick-me-up! I'm convinced she is the world's first perfect child (being an aunt lets you make those kind of statements, I figure).

What have you accomplished that has made you proud?

In the year I finished my master's degree in journalism, I traveled to Egypt, Qatar and the Czech Republic reporting international human rights stories. It was tough, and I am better for making it through.

Best tip to look and feel great:

Be yourself. Keep moving toward that moving target.

If you could do or be anything you want, what would it be?

I'm fortunate to say I'm doing it.



Photos courtesy of Lisa Munger



For me that means living surrounded by the support of people that I love, laughing a lot, finding new adventures and pursuing my goals. After that, I've discovered the details are less important.

If you knew then what you know now, what would you have done differently?

Loosen up. Don't take things so seriously. Stop and enjoy

things the way they are right now.

When I am an old lady:

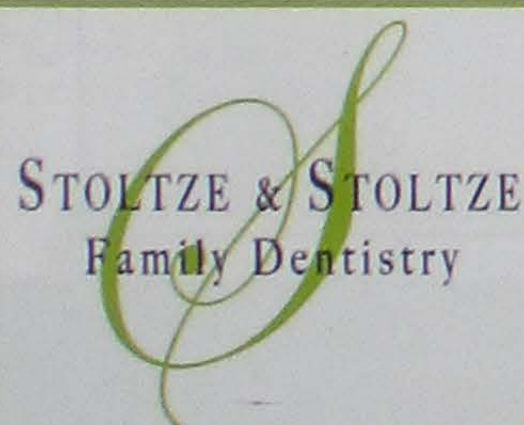
I hope to look back without regret, and forward with enthusiasm, grounded in the present moment and the blessings I have.

I am thankful for:

My parents, Mark and Marsha Munger, the most incredible role models and guides through life a girl could ever want.

How do you stay balanced in your life?

My family helps keep me grounded in a sense of what is most important in life. With that, I try to put good food in my body and spend time exercising, outdoors and relaxing to balance my work life.



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Green reading: Marshalltown library leads the way

In Marshalltown, where I live, the public library is leading the way in

the green revolution. Even the library's desks are made of recycled and green materials, including bamboo,

post-consumer used paper and cashew shells husks.

Yes, cashew shells. Who knew?

The library is the first LEED certified library in Iowa. LEED stands for Leadership in Energy and Environmental Design. The U.S. Green Building Council established the program that sets the nation's standards for environmentally friendly design, construction and operation of high-performance green buildings.



ROSE
ELSBECKER



By Rose Elsbecker/Facets

The Marshalltown library is the first LEED certified library in Iowa.

John Karrman, an architect with FEH Associates Inc., a company that promotes innovative building designs, led the way to begin the charge for Marshalltown's library. Soon, the

idea caught on and other supporters came on board.

"We wanted to be the first," enthused library Assistant Director Sandy Gowdy.

With additional backing for a green design from the city, design on the building began in 2001. A site was chosen for its proximity to downtown and public transportation. The area already had bike racks and preferred parking for fuel-efficient vehicles.

In 2008, the new library was complete. It featured a rooftop solar panel system providing for about 5 percent of the library's energy. Designers created lighting and windows to capitalize on natural daylight. Sun shades on the window exteriors keep heat out in the summertime. The exterior lights dim and brighten according to the amount of natural light available, with the light

fixtures allowing no more than 2 percent of light to be directed upward, thereby reducing light pollution. Even paints and adhesives were selected to minimize chemical output and improve air quality indoors.

Builders used regional materials when possible, including brick, limestone and recyclable carpet squares.

After the success of the Marshalltown building, other city officials in Iowa are now looking to utilize sustainable energy in their building designs, too, including Grinnell, Carroll and Ames.

We'll look to more of these innovations in public use buildings as we learn more about the use of sustainable energy and its impact on our environment.

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No matter what your situation is The Ames Contracting Team can help...

Bieth and Pierre Palo live in a brand new house in Ames, but now want their home to be tailored to their lifestyle and not the architects.

"Although the house we live in was being built when we purchased it, not everything reflected us," said Bieth. "I was able to help pick out some colors and flooring, but not everything."

The Palo's settled into their home for a while before starting on any renovations. When they were finally ready in late 2009, they decided to tackle their deck first.

"We had multiple contractors come over to evaluate our deck and provide us with their vision and price quote," said Bieth. "Luckily, we found the right contractor, who helped us overcome our fears and get excited about remodeling."

That contractor was the Ames Contracting Team. Geisinger Construction, of the Ames Contracting Team, came out to the Palo household and not only provided them with the best quote, but he provided the best vision for their home.

"Geisinger was definitely the most appealing to us," said Bieth. "He made the best suggestions and sounded the most sincere and honest – even though we had just met him!"

Bieth showed the Ames Contracting Team what she wanted and Geisinger got straight to work measuring and informing the Palos what would need to happen next.

"We trusted him enough to completely let him take over and run with it," said Bieth. "As soon as the wood arrived, it seemed like a matter of minutes before the deck was completed. I was shocked at how quick they moved and how seamless the process was."

Together, the Palo family and the Ames Contracting Team chose to completely reinvent the deck. Fresh, fun, white lights were suggested by Geisinger to

further embellish the deck's new look, something Bieth didn't even think about.

"I think the elements that Ames Contracting Team added [like the lights] really helped package a truly inventive appearance," said Bieth. "We enjoy entertaining and relaxing on our new deck so much!"

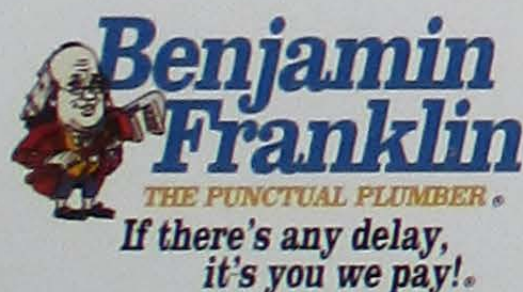
While the Ames Contracting Team was busy with the deck, Bieth was busy putting together other items she would like the team to update.

There was no question for which company the Palo's would choose to make our next round of renovations. "Last fall, we called the Ames Contracting Team back to replace some missing shingles on our roof," said Bieth. "In addition, we had such terrible wind that the front of our house needed fixing up so we invested in Ames Contracting for that as well."

The Ames Contracting Team replaced the very wind-damaged front door and also took care of repairing several cabinets and cupboards throughout the house.



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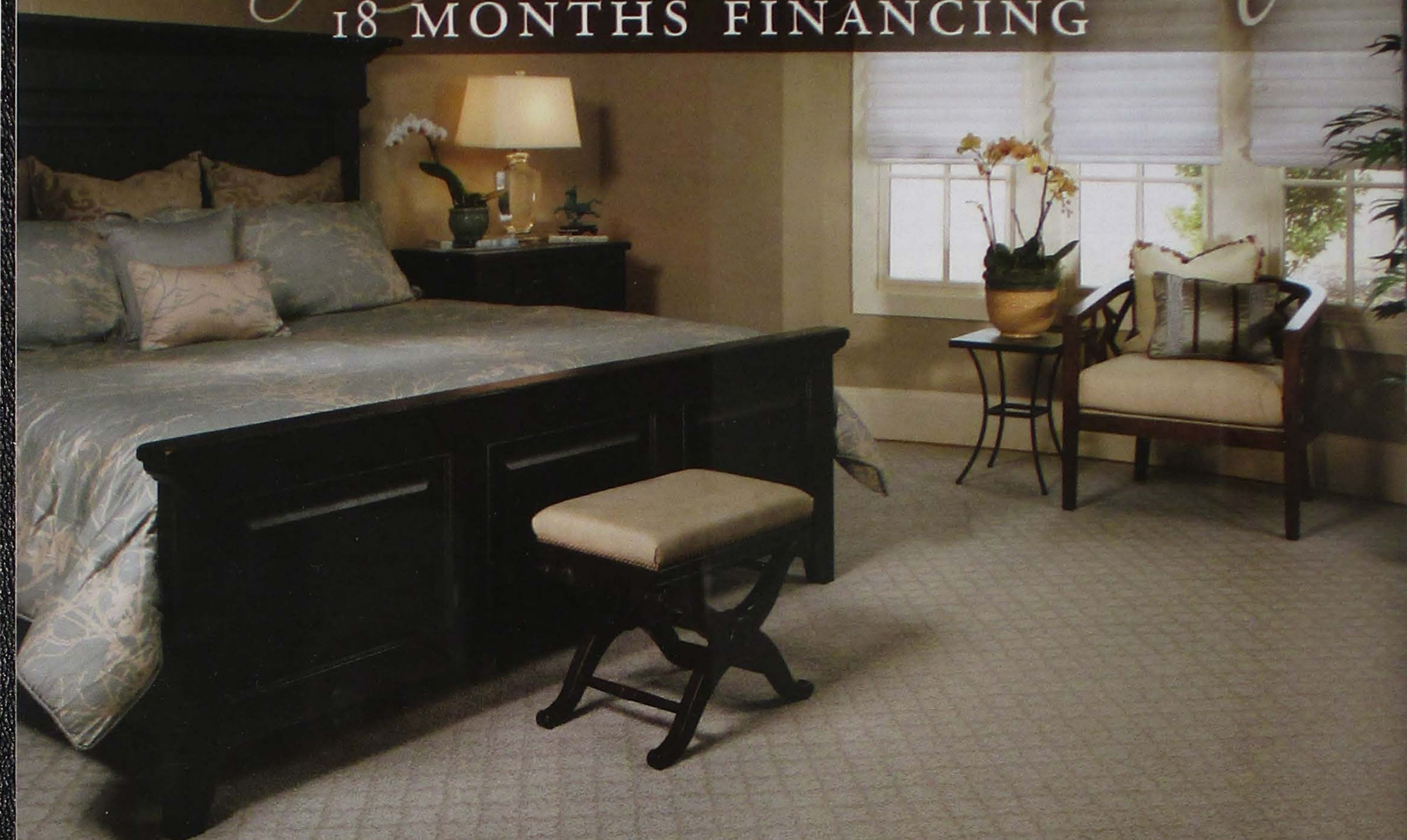
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